PAPER 1 Reading and Use of English ▸ Part 1 Part 2 Part 3 Part 4 Part 5 Part 6 Part 7
PAPER 2 Writing
PAPER 3 Listening
PAPER 4 Speaking

For questions **1–8**, read the text below and decide which answer (**A, B, C** or **D**) best fits each gap. There is an example at the beginning (**0**).

Mark your answers **on the separate answer sheet.**

Example:

0 **A** quantity **B** piece **C** unit **D** part

0	A	B	C	D

Essential tips

Question 2: Which of the four verbs collocates with *weight*?

Question 5: Look at the context. Is it a good thing that diets don't work for most people? Does the missing word have a positive or negative meaning?

Question 6: Which of the four nouns can be followed by the preposition *to* and a gerund?

Going on a diet

A calorie is a (**0**)..... for measuring the amount of energy food will produce. The average person needs about 1,800 calories per day to stay healthy. Without energy, the heart cannot (**1**) ..... blood through blood vessels and the organs cannot function.

You (**2**)..... weight because you consume more calories a day than your body requires. The only way to lose weight is to (**3**)..... the number of calories you consume. This is the basic (**4**) ..... behind most diets.

(**5**) ..... , diets don't work for most people. It's not that they don't lose weight: they do, but when they go off the diet, the kilos creep back. The (**6**) ..... to losing weight and maintaining weight loss is a sensible diet and exercise plan. You need to work out how to eat fewer calories than you (**7**) ..... consume. You should also exercise daily so you can use up calories. Burning 250 or 500 calories per day can (**8**) ..... a big difference.

1	**A** pump	**B** pull	**C** drag	**D** force
2	**A** make	**B** increase	**C** gain	**D** put
3	**A** shrink	**B** take	**C** remove	**D** reduce
4	**A** way	**B** principle	**C** method	**D** kind
5	**A** Similarly	**B** Though	**C** Unfortunately	**D** Although
6	**A** key	**B** secret	**C** way	**D** idea
7	**A** preferably	**B** actually	**C** consistently	**D** eventually
8	**A** have	**B** do	**C** make	**D** give

LIVEWORKSHEETS